



Youth-led change for a healthy future

## Spring Green Minestrone

Serves 4-6

### Ingredients:

2 tablespoons olive oil  
1 leek, sliced  
2 cloves of garlic, minced  
2 quarts vegetable broth  
1 cup dried macaroni  
1 15-oz can cannellini beans, drained  
½ lb. asparagus, ends trimmed, cut into 1-inch pieces  
1 cup frozen peas  
10 oz fresh spinach, roughly chopped  
Salt and Pepper to taste  
4 oz Parmesan cheese, grated  
¼ cup fresh herbs, such as parsley, chives, mint or basil

### Preparation:

1. Heat the olive oil in a large soup pot. Add the leeks, and saute 2-3 minutes. Add garlic, saute until fragrant, another 1-2 minutes.
2. Add the broth and bring to a boil. Add macaroni and reduce heat to simmer. Cook for 6-7 minutes, then add the beans, asparagus and peas. Cook 2-3 minutes or until asparagus and pasta are tender.
3. Add spinach and stir in until it wilts. Season to taste with salt and pepper. Top with parmesan and fresh herbs.